

# Among Friends



October 2016



SENIOR SERVICES  
COUNCIL ON AGING  
1130 Main Street  
Holden, MA 01520  
Tel.: 508-210-5570  
Trans.: 508-210-5573  
Nutrition: 508-210-5578



The mission of the Holden Council on Aging is to assist seniors and their families by providing services and activities that will enable them to stay independent and living in their own homes for as long as possible.

## HCOA BOARD

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## TELEPHONE NUMBERS

Senior Center 508-210-5570  
Transportation 508-210-5573  
Dining Site 508-210-5578  
& Lunch Reservations  
Veterans' Agent 508-210-5529  
Fax 508-829-0214

## HOURS

Monday through Friday  
8:00 a.m. to 4:00 p.m.



## DON'T BE A VICTIM!

On **Wednesday, October 12 at 1:00 p.m.**, Robin Putnam from the Commonwealth of Massachusetts Office of Consumer Affairs will speak at the Holden Senior Center. There are currently many serious problems regarding scams and identity theft, and Robin will present the latest information on how you can keep yourself safe from predators. The program is free and open to all. Please call 508-210-5570 to reserve a seat.

## DO YOU HAVE A LEGAL QUESTION?

Attorney Arthur Bergeron from the firm Mirick O'Connell will be here on **Monday, October 17 from 10:30 to 12:30 p.m.** for individual fifteen minute legal appointments. There is no cost for an individual fifteen minute consultation, but a reservation is a must and can be made by calling 508-210-5570 in advance.



## YOGA FOR ARTHRITIS? ... YOGA FOR STRESS? ... YOGA FOR SENIORS? ...

The answer is **YES** to all three questions. Come to listen on **Monday, October 17 at 1:00 p.m.** as Katie Cohen, M.ED., LCSW, E-RYT discusses Centered Calm Meditation. Learn how to use breath as an anchor to calm, center and balance yourself. You'll be amazed how such a simple tool can reap such enormous benefits. A meditation CD to complement this program is available for purchase for those who would like to take this experience into their homes with easy to follow guidance. Katie is passionate about living & aging gracefully through the years with joy, well-being & peace of mind. She is the owner of Centered Seniors, offering educational & experiential presentations, workshops & training programs for those who desire to de-stress, enrich & transform their lives. The senior center offers Chair Yoga with options for all levels of physical fitness. There will be time for questions after the presentation which is free and open to all. Please call 508-210-5570 to reserve a seat.



## MEDICARE UPDATE MEETING

The annual Medicare Open Enrollment (Oct. 15-Dec. 7), is the **ONLY** chance you have to **CHANGE** your coverage for next year. State-certified SHINE (Medicare) Counselors can help you understand your plan changes, as well as other options you may have. Make your SHINE appointment early. During the month of October our Regional Office will be conducting **informational sessions** throughout Worcester County. **Holden** will host one of these meetings on **Friday, October 21 at 10:00 a.m.** Call 508-210-5570 to reserve your seat.



**The Senior Center will be closed on  
Monday, October 10 in observance of  
Columbus Day.**



# UPCOMING TRIPS



**Thurs., Oct. 27 ... Winnepesaukee Scenic Railroad ...** The Winnepesaukee train runs from Meredith, NH along Meredith Bay clinging to a shelf dug out over 100 years ago for the fast Montreal trains that passed through here. It is a downhill ride most of the way from Meredith to Weirs Beach and the view is spectacular of the Lake, Belknap Mountains and of the islands. Now you are on a level with the lake and you arrive at Weirs Beach. You continue your ride to Lakesport all the way along the shore of "Paugus Bay." Hart's Hot Roast Turkey dinner carved at your table will be served with all the trimmings, while riding the scenic railroad. Departs 8:45 a.m. Arrive at Turkey Train in Meredith, NH 12:15 p.m. Depart for home at 3:00 p.m. Return 5:45 p.m. Cost per person \$86.00 - includes driver's gratuity. **Payment due at time of booking.**



**Wed., Nov. 30 ... Nana's Naughty Knickers at the Newport Playhouse & Cabaret Restaurant** Depart Holden Senior at 8:30 a.m. After experiencing Newport's beautiful Ocean Drive, you're off to the Newport Playhouse and Cabaret Restaurant. Here you'll enjoy a great buffet, a wonderful play and a fin filled cabaret performance. Their extensive hearty buffet does not skimp on quality or size. After lunch, you'll be whisked off to their intimate theatre where you can sit back, relax and take in Newport Playhouse's show "Nana's Naughty Knickers." *Bridget and her Grandmother are about to become roommates. However, what Bridget saw as a unique opportunity to stay with her favorite Nana in New York for the summer quickly turns into an experience she'll never forget. It seems her sweet Grandma is running an illegal boutique from her apartment, selling hand-made naughty knickers to every senior citizen in the five borough area!* After the show it's back to your original table where the dining room is transformed into a captivating Cabaret. You'll arrive home at approximately 6:00 p.m. after a wonderful day in Newport, Rhode Island. Cost for this trip is \$91.00 per person. **Payment due at time of booking.**



**Questions? Call Kathy Hannigan at 508-210-5579. Please leave a message - she will get back to you.**

*If you are interested in any of our trips or if you have questions, please call 508-210-5579.*

**All trip payments are due at time of reservation. If trip is cancelled due to low interest, your money will be refunded. Remember ~ if we don't lose it, you don't lose it!!**

**WHEN ARRIVING FOR ANY TRIP, PLEASE PARK AS CLOSE TO THE BALL FIELD AS POSSIBLE,** as we have other events taking place at the Senior Center during the day.

## NOTES ABOUT TRIPS

Please note that most tour operators REQUIRE full payment be made 3 to 4 weeks in advance of a trip or we lose our deposit. For this reason, we are asking for your cooperation in reserving seats as early as possible. **ALSO**, please note that the number to call for questions about trips has changed to **508-210-5579**.



## FROM THE FRIENDS...

Our meeting this month will be held on **Monday, October 17**. Please watch for signs at the Senior Center for place and times as they may change for this meeting, as well as November and December meetings. Please support the Friends Fall Harvest Fair on **Saturday, November 5** from **9:00 a.m. to 2:00 p.m.** and the Morning Glory Café held **Fridays from 8:30 a.m. to 10:30 a.m.** These events help support activities, charitable contributions and facility improvements for the Holden Senior Center. Baked goods for the Fair should be brought to the Senior Center on the afternoon of **Friday, November 4**.

## SHINE COUNSELOR

**Monday, October 17 and Monday, October 31  
BY APPOINTMENT ONLY**





## OCTOBER YOGA THEMES!

Fall into the beautiful, vibrant colors of Autumn with our Fall Focus on Health, Strength and Well-Being. **October 4 & 6** - Muscle and Joint Strength; **October 11 & 13** - Immune Strength; **October 18 & 20** - Emotional Mood and Balance; **October 25 & 27** - Skeletal Strength. Tuesday's class **AND** Thursday's class is at **2:30**. Cost for yoga classes is \$2.00/class and is partially subsidized through a grant from the Executive Office of Elder Affairs.

## AN ENJOYABLE AFTERNOON ...

For another Adult Coloring session **Wednesday** afternoon, **October 26th** from 1:00 to 3:00 p.m. Please join us for fun and relaxation with coloring for adults. All are welcome. We have a variety of different coloring books, lots of pictures to choose from, colored pencils, etc. or bring your own if you wish. Please call 508-210-5570 for a reservation.



## FLU SHOT CLINIC

We are pleased to announce that we will have a flu shot clinic on Monday, October 3 from 1:00-3:00 p.m. here at the Senior Center. The clinic is being offered through Walgreen's pharmacy. Shots will be given on a first come first served basis. Please bring your insurance card as there is no out of pocket expense to you. If you have questions, please call the Senior Center at 508-210-5570. A big thank you to the staff at Walgreen's for offering this clinic.



## FROM OUR FRIENDS AT DAVIS HILL SCHOOL

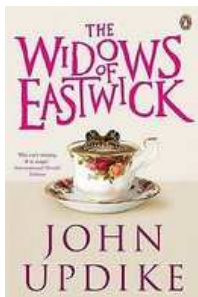
Davis Hill PTA needs you!! To all our friends and members of the Holden Senior Center, the Davis Hill School PTA is looking for people to help fill several volunteer positions for school events and classrooms. Some of our needs include volunteers for Fall/Winter festivals, holiday fair, library helpers, classroom helpers, arts and crafts skills and so much more. If you have the time to volunteer for the benefit of the children of Holden, we want to hear from you! Please contact Michela Sarcia at 508-688-9947 or email [volunteer@davishillpta.com](mailto:volunteer@davishillpta.com). We can't wait to hear from you! Thank you for your consideration.

## JUST A REMINDER ...

Whenever possible, please bring exact change or small bills to the Senior Center for your classes, purchases, and/or bus rides. We do not have a lot of cash on hand to make change for large bills. We appreciate your assistance in helping us help you. Thank you.



## BOOK DISCUSSION GROUP



The book discussion group will meet at **10:00 a.m.** on **Thursday, October 20** to discuss the book *The Widows of Eastwick* by John Updike. More than three decades after the events described in *The Witches of Eastwick*, Alexandria, Jane and Sukie - widowed, aging and with their occult powers fading - return for the summer to the Rhode Island town where they once made piquant scandal and sometimes deadly mischief. But what was then a center of license and liberation is now a "haven of wholesomeness" populated by hockey moms and househusbands primly rebelling against their absent, reckless, self-involved parents. With spirits still free but energy waning, the three women reconstitute their coven to confront not only this youthful counterspell of propriety, but also the enmity of those longtime townsfolk who, through their youthful witchery, they've irreparably harmed. In this wise and wicked satire on the way we make peace with our pasts, John Updike proves himself a wizard on every page.





# OCTOBER 2016



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>3</b></p> <p>8-4:00 Billiards 10:30 Tai Chi 12:00 Senior Lunch <i>Roast Pork w/Gravy</i></p>	<p><b>4</b></p> <p>8-4:00 Billiards 9:30 Needlework 10-12 Blood Pressure Clinic 10:30 Low Impact Exercise 12:00 Senior Lunch <i>Shepherd's Pie</i> 1:00 Bingo 1:00 Bridge 2:30 Chair Yoga</p>	<p><b>5</b></p> <p>8-4:00 Billiards 9:00 Tai Chi 12:00 Senior Lunch <i>Public Power Lunch</i> <i>By reservation only</i> 1:00 Pitch Party</p>	<p><b>6</b></p> <p>8:00 <b>HCOA Meeting</b> 8-4:00 Billiards 10:00 Mah Jongg 10:00 Art Is 4 Every1 10:30 Low Impact Exercise 12:00 Senior Lunch <i>Chicken Cacciatore</i> 1:00 Bridge 2:30 Gentle Chair Yoga</p>	<p><b>7</b></p> <p>8-4:00 Billiards 10:00 Poker 12:00 Senior Lunch <i>Baked Fish</i> 1:00 Cribbage 1:15 Oriol Senior Fitness</p>
<p><b>10</b></p> <p><b>COLUMBUS DAY</b></p>  <p><b>SENIOR CENTER CLOSED</b></p>	<p><b>11</b></p> <p>8-4:00 Billiards 9:30 Needlework 10-12 Blood Pressure Clinic 10:30 Low Impact Exercise 12:00 Senior Lunch <i>Pot Roast Stew</i> 1:00 Bingo 1:00 Bridge 2:30 Chair Yoga</p>	<p><b>12</b></p> <p>8-4:00 Billiards 9:00 Tai Chi 12:00 Senior Lunch <i>Baked Potato Bar</i> 1:00 Pitch Party 1:00 <b>Scams &amp; Identity Theft</b></p> 	<p><b>13</b></p> <p>8-4:00 Billiards 10:00 Mah Jongg 10:00 Art Is 4 Every1 10:30 Low Impact Exercise 12:00 Senior Lunch <i>Meatloaf &amp; Gravy</i> 1:00 Bridge 2:30 Gentle Chair Yoga</p>	<p><b>14</b></p> <p>8-4:00 Billiards 8:30-10:30 <b>Morning</b> <b>Glory Cafe</b> 10:00 Poker 12:00 Senior Lunch <i>Macaroni &amp; Cheese</i> 1:00 Cribbage 1:15 Oriol Senior Fitness</p> 
<p><b>17</b></p> <p><b>SHINE by Appt. Only</b></p> <p>8-4:00 Billiards 10:30 Tai Chi 10:30-12:30 <b>Legal Clinic</b> 12:00 Senior Lunch <i>Swedish Meatballs</i> 1:00 <b>Friends Meeting</b> 1:00 <b>Centered Calm Meditation</b></p>  	<p><b>18</b></p> <p>8-4:00 Billiards 9:30 Needlework 10-12 Blood Pressure Clinic 10:30 Low Impact Exercise 12:00 Senior Lunch <i>Buttermilk Chicken</i> 1:00 Bingo 1:00 Bridge 2:30 Chair Yoga</p>	<p><b>19</b></p> <p>8-4:00 Billiards 9:00 Tai Chi 12:00 Senior Lunch <i>Pork w/Apples</i> 1:00 Pitch Party</p>	<p><b>20</b></p> <p>8-4:00 Billiards 10:00 Mah Jongg 10:00 Art Is 4 Every1 10:00 Book Discussion Group 10:30 Low Impact Exercise 12:00 Senior Lunch <i>Salmon Boat</i> 1:00 Bridge 2:30 Gentle Chair Yoga</p>	<p><b>21</b></p> <p>8-4:00 Billiards 8:30-10:30 <b>Morning</b> <b>Glory Cafe</b> 10:00 Poker 10:00 <b>Medicare Update</b> 12:00 Senior Lunch <i>Beef &amp; Bean Chili</i> 1:00 Cribbage 1:15 Oriol Senior Fitness</p> 
<p><b>24</b></p> <p>8-4:00 Billiards 10:30 Tai Chi 12:00 Senior Lunch <i>Roast Turkey</i></p>	<p><b>25</b></p> <p>8-4:00 Billiards 9:30 Needlework 10-12 Blood Pressure Clinic 10:30 Low Impact Exercise 12:00 Senior Lunch <i>Pork Rib-i-que</i> 1:00 Bingo 1:00 Bridge 2:30 Chair Yoga</p>	<p><b>26</b></p> <p>8-4:00 Billiards 9:00 Tai Chi 12:00 Senior Lunch <i>Cracker Crumb Fish</i> 1:00 Pitch Party 1:00 <b>Adult Coloring</b></p> 	<p><b>27</b></p> <p>8-4:00 Billiards 10:00 Mah Jongg 10:00 Art Is 4 Every1 10:30 Low Impact Exercise 12:00 Senior Lunch <i>Stuffed Shells</i> 1:00 Bridge 2:30 Gentle Chair Yoga</p>	<p><b>28</b></p> <p>8-4:00 Billiards 8:30-10:30 <b>Morning</b> <b>Glory Cafe</b> 10:00 Poker 12:00 Senior Lunch <i>Garlic Herbed Chicken</i> 1:00 Cribbage 1:15 Oriol Senior Fitness</p> 
<p><b>31</b></p> <p><b>SHINE by Appt. Only</b></p> <p>8-4:00 Billiards 10:30 Tai Chi 12:00 Senior Lunch <i>Beef Patty w/Roll</i></p>	<p>Centered Calm Meditation</p>  <p><b>Monday, October 17 @ 1:00</b></p>	<p>Scams &amp; Identity Theft</p> <p><b>Wednesday, October 12 @ 1:00</b></p> 	<p><b>MEDICARE UPDATE MEETING</b></p>  <p><b>Friday, October 21 at 10:00 a.m.</b></p>	<p><b>ANY ACTIVITY (or MENU) CAN CHANGE WITHOUT NOTICE</b></p>

## COMING IN NOVEMBER ...

Sat., Nov. 5 ... Best of Friends Fair

Tues., Nov. 8 ... Election Day

Thurs, Nov. 10 ... Coffee and....for Veterans

Wed., Nov. 16 ... Home Cooked Meal

Mon., Nov. 21 ... Learn about Pocahontas

Mon., Nov. 28 ... Asset Protection

## FRIENDS OF HCOA

### I WOULD LIKE TO:

- ☐ Renew My Membership  
☐ Become a New Member

Enclosed is my \$5.00 Donation  
Please Send My Membership Card To:

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Telephone Number: \_\_\_\_\_

You can stop by the Senior Center to join or mail your membership to: Holden Senior Center, 1130 Main Street  
Holden, MA 01520.



## IT'S OUR ANNIVERSARY!!!

The Friends of the Holden Council on Aging invite you to help us celebrate the 1st anniversary of the Morning Glory Café on  
*Friday, October 14 from 8:30 a.m. -10:30 a.m. with  
FREE coffee!*

FREE COFFEE



## ***PLEASE NOTE ...***

***The Morning Glory Café will be closed on Friday, October 7 in observance of Columbus Day!***

## POTATO BAR

Join us for lunch on **Wednesday, October 12** when a potato bar will be offered. You'll have a baked potato with a myriad of toppings from which to choose (cheese, chili, broccoli to name a few). If you'd like to participate please call Sue at 508-210-5578 between 8:00 a.m. and 1:00 p.m. Reservations must be made prior to 1:00 p.m.  
Monday, October 10.



***Distribution of this newsletter is made possible, in part, by a grant from the  
Massachusetts Executive Office of Elder Affairs and the Friends of HCOA***

Return Service Requested

Friends of the Holden COA  
Holden Senior Center  
1130 Main Street  
Holden, MA 01520

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